



Six Protective Factors have shown evidence of reduction in the risk of child abuse and neglect: **nurturing and attachment, parental resilience, social connections, concrete support in times of need, knowledge of parenting and child development, and social and emotional competence of children.**

Nurturing and Attachment

Attachment refers to the continuing and lasting relationships that young children form with one or more adults. This is how children learn how to communicate effectively, how to negotiate and cooperate with others, and how others will treat them.

Parental Resilience

No one can eliminate stress from parenting, but a parent's capacity for resilience can affect how a parent deals with stress. Resilience means finding ways to solve problems, building and sustaining trusting relationships including relationships with your own child, and knowing how to seek help when necessary.

Social Connections

Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Networks of support are essential to parents and isolated families may need extra help in reaching out to build positive relationships.

Concrete Support in Times of Need

Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to help family members get through the crisis.

Knowledge of Parenting and Child Development

Accurate information about child development and appropriate expectations for children's behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

Social and Emotional Competence of Children

A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Challenging behaviors or delayed development can create extra stress for families, so early identification and assistance for both parents and children can head off negative results and keep development on track.

All ESCAPE Family Resource Center's programs focus on the reduction of risk factors and promotion of the protective factors listed above. Family Courts and Child Protective Services refer clients to ESCAPE for programs. Please contact us for more information at 713-942-9500 and/or visit www.learntoparent.org for more details on ESCAPE's classes.